Training School Office

THE

Training School for Nurses

OF THE

Massachusetts General Hospital

From an Etching by Sears Gallagher

ANNOUNCEMENT

FOR

1931 and 1932

"NURSING IS AN ART—AND IF IT IS TO BE MADE AN ART, REQUIRES AS EXCLUSIVE A DEVOTION, AS HARD A PREPARATION AS ANY PAINTER'S WORK, FOR WHAT IS THE TRAINING TO DO WITH DEAD CANVAS OR COLD MARBLE, COMPARED WITH HAVING TO DO WITH THE LIVING BODY—THE TEMPLE OF GOD'S SPIRIT. NURSING IS AN ART WHICH CONCERNS EVERY FAMILY IN THE WORLD."

FLORENCE NIGHTINGALE.

A Group of Seniors

Foreword

SCHOOLS of nursing vary as to desirability. Every young woman who is considering entering a school of nursing should inform herself as to what constitutes a good school, otherwise she may find that after spending from two to three years in a school that she has had neither an evenly balanced experience, nor the theory content necessary for the adequately prepared nurse of today. The inadequately prepared nurse will find many avenues of advancement closed to her. A prospective applicant should select a nursing school which is approved by the State Board of Nurse Examiners. Graduation from such an approved school is a necessary prerequisite for registration in any state. Nurses working in a state where registration is provided have little or no professional standing until registered. Every nurse who holds an important position may be registered, and only registered nurses may join the Red Cross Nursing Service or the Government Nursing Services.

Registered schools provide good living conditions, take good care of pupils when they are ill, have reasonable hours of duty, provide for recreation, offer adequate clinical experience, employ well-prepared teachers, possess well-equipped classrooms, and have a full, well-balanced curriculum. All registered schools adequately prepare their graduates for surgical, medical, and obstetrical nursing, and for the care of sick children. Many schools also give electives in mental and contagious nursing, and in such specialties as anesthesia, public health nursing, ward administration, and nursing education.

The Massachusetts General Hospital Training School for Nurses is registered in Massachusetts and in New York. Grad-

uates of the three years' course, having had four years of high school, are, as far as our knowledge extends, eligible to take examinations for registration in every state in the Union and if the marks obtained in the Massachusetts examination are sufficiently high they may be registered in other states by reciprocity. Obviously no person can foretell what new regulations relative to nursing may be made in any given state which may render a graduate from any given school ineligible for examination. The policy of this school is to keep informed of all such new regulations and to prepare its graduates to meet them.

The location of a school has much to do with the educational and cultural opportunities available to student nurses. The prestige of the school, and the standing and accomplishments of the alumnæ are matters of importance.

Reliable and unbiased information concerning schools of nursing can be obtained from National Headquarters, American Nurses Associations, 450 Seventh Avenue, New York City, and from the State Boards of Nurse Examiners. The office of the latter is usually located in the Capitol Building of each state.

General Statement

THE MASSACHUSETTS GENERAL HOSPITAL was established in 1811, and through all the succeeding years has been recognized as one of the leading hospitals for the care of general diseases. The first patient was admitted September 3, 1821, and in 1921 the hospital celebrated its centennial.

One speaker upon that occasion asked the hearers to pause and "think for just a passing moment of the tragedy, relieved now and then by comedy; of the pain and sorrow, of the joy and gladness which these walls have seen; of health and usefulness restored or prolonged; and of homes relieved from the burden of sickness." While the listeners might have some conception of what it means for a hospital to have cared for over a quarter of a million patients within its doors, the power of the human mind allows only the merest conception of the extent to which this hospital has benefited suffering humanity located far beyond its doors, for this hospital has made three great contributions to the medical world.

The greatest contribution was made on that day in 1846 when in the operating theatre of this hospital Dr. Morton gave the first public demonstration of the use of sulphuric ether to produce surgical anesthesia. Dr. John C. Warren performed the operation. The patient when he recovered declared he had felt no pain. The news of this discovery went from that room throughout the world and a new era of surgery began. The second great gift was that of Dr. Reginald Fitz's "masterly paper on 'Perforating Inflammation of the Vermiform Appendix,' which was so convincing that it met with instant acceptance." The third great contribution of this institution has been hospital social service, the product of the genius of Dr. Richard Cabot.

The Massachusetts General Hospital is one of the fields used by the Harvard Medical School for the purpose of clinical teaching. Therefore, research and teaching are among the functions of this hospital, and as a consequence the latest developments in

medicine and surgery are always found here. The research department of the hospital is of great benefit to the patients. The educational function of the hospital is a stimulus to teachers, medical students and student nurses.

This is the oldest hospital in New England, and the third oldest in the United States. The original building is one of the finest examples of Bulfinch architecture in existence. The interior has been reconstructed many times to provide for modern equipment and today provides as satisfactory working conditions as any hospital built within the last decade. Great care, however, has been taken to preserve the general lines of the building, the beautiful stairways, and the lovely doorways of this impressive building. The two other ward buildings have been entirely remodelled. The surgical amphitheatre, the out-patient building, one residence for nurses, the administration building, and the pavilion for private patients are of recent construction and are admirably suited for the carrying out of present-day medical and nursing procedures. The Baker Memorial, a building which is planned to care for people of limited means, having a capacity of three hundred beds, was opened in February, 1930. The building is of the most modern construction and contains the most modern equipment.

Today the hospital naturally divides itself into four parts—the general hospital of four hundred and thirty beds; the Phillips House, which is the private pavilion of the hospital, containing one hundred beds; the Out-Patient Department, with a daily clinic which has an average of a thousand patients; and the Baker Memorial, which is now open for one hundred and fifty patients. This hospital is centrally located, being about fifteen minutes' walk from the Public Gardens and from the shopping district. This fact makes available Boston's points of historic interest as well as her opportunities in the way of art, music, and literature. Members of the school staff make a special effort to encourage these interests in order that the three years in Boston will mean not only preparation for nursing, but a profitable addition to the general education of the young women who enter the school.

The Massachusetts General Hospital Training School for Nurses was founded November 1, 1873, and is one of the first three nursing schools in America to be organized on the Nightingale plan, all three having been organized in the same year. The alumnæ of the school number over two thousand. This school has the largest number of graduates of any school of nursing in America. The year book shows these graduates engaged in fifty-six different forms of nursing work and also shows that among the women in active work today only twelve are engaged in work other than that of nursing or its allied vocations. This last fact is convincing proof of the joy and satisfaction which the right type of woman, adequately prepared, finds in nursing.

The public today not only recognizes the nurse as a person who cares for the sick, but as a most important health teacher. She is also recognized as a factor in solving many economic and social problems in the home, in the school, and in manufacturing and mercantile establishments. When qualified by education and experience she is needed to teach nurses, to administer schools of nursing, to inspect training schools for state registration, to direct nurses' registries, and to organize hospitals and training schools at home and abroad.

The aim of the school is to prepare nurses not only to care for individual patients, but to lay a foundation for the fields of teaching, administration, and public health nursing.

It is the earnest purpose of this school to maintain a standard worthy of the ideals cherished by that group of high-minded men and women who established it, a standard commensurate with the opportunities it has to offer. The founders of this school recognized the value to the community of the right kind of trained nurses. The present directors of the school intend to offer such good instruction, such valuable experience, and maintain such personal standards for the pupils that the school will continue to graduate young women who possess not only nursing knowledge and nursing skill but also the essentials of strong character and real womanhood.

General Information

Location of the Hospital

The Training School Office is in the Moseley Building, which is located on Fruit Street, at the head of North Grove Street.

(*a*) From Back Bay or Huntington Avenue Stations go to Boylston Street and to the bus stop by the Public Library. Take bus marked "Bowdoin," or "Cambridge Street."

(*b*) From the North Station enter the subway and take car to Scollay Square. Go down to "Scollay Under" and take train to Bowdoin Square. Get a transfer and take bus marked "Mass. Ave." or "Park Square." Leave bus at North Grove Street.

(*c*) From Park Street Subway Station take Cambridge Subway train to Charles Street Station. Walk one block to North Grove Street.

If visitors are using cars which come through Arlington Street, it is better to leave the subway at Arlington Street and take bus marked "Bowdoin," or "Cambridge Street."

(*d*) From South Station enter the subway which is just outside the main entrance to the Station, and take Cambridge train to Charles St. Station. Walk to North Grove Street.

Application

Whenever possible the prospective applicant should apply in person to the principal, preferably accompanied by her mother or by some other relative who is interested in her welfare. They will be shown through the hospital and homes, and given detailed information which is difficult to give by correspondence. The principal of the school plans to be in her office to personally interview applicants between ten and one on Tuesdays, between ten and twelve on Saturdays, and will be there at other times by appointment. Some one of the assistants is always on duty and can give general information to applicants any week-day between ten and four.

If a personal application is impracticable, written application may be submitted on form supplied for the purpose. With this written application a photograph which may be retained in the school files must be sent. An unmounted photograph, such as is used for passports, is preferable An acknowledgement of the application will be forwarded, but an interval of time may elapse before the applicant is definitely accepted. This delay is due to the right reserved to select those who appear to be best qualified

for nursing. The autumn class is admitted early in September; the winter class in February.

Age

There is no arbitrary rule as to the age at which applicants are accepted. The preferable age is between 20 and 30 years, although younger students may be accepted. No applicant can be accepted until she has passed her eighteenth birthday. The five-year course is recommended to those who are graduating from high school at an early age.

Civil State

The school considers it inadvisable to admit or retain married women.

Education

A complete high-school education of four years with diploma or its full equivalent is required. Preference is given to applicants who have no single grade below 75 per cent, and whose high-school preparation has been that of the general, college, or normal course. The high school course should include four years of English, two years of a foreign language (this may be Latin or a modern language), two years of mathematics, two years of science, one year of history and a course in civics. Students should have a thorough understanding of fractions and percentage. Candidates who lack the preparation outlined may obtain advice relative to further high-school preparation by personal interview with the principal of the school of nursing.

Health

Although good health is a necessity from both a physical and mental standpoint, and persons with organic defects cannot be received, young women of average strength need not hesitate to enter the nursing field. As a precautionary measure, every applicant must have a physical examination by her family physician. His recommendation regarding eyes, teeth, tonsils and adenoids must be adopted before admission to the school. Young women who have been subject to injuries of back or hips, to fallen or flat arches, to sacro-iliac strain, to nervous breakdown, or who have a tendency to tuberculosis should not undertake training. The school requires a certificate showing successful vaccination for smallpox within one year of entrance. This vaccination should not be left until too short a time before entrance. No applicant should hold a responsible position up to within a short time of entering, then use the last days for intensive preparation, and as a result come to the school tired. Such a procedure is unfair to both student and school.

Acceptance and Dismissal

The Principal of the school, with the approval of the Director of the Hospital, decides as to the pupil's fitness for the work, and whether the student in the preliminary course should be retained. The preliminary course is of six months' duration. During the first four months the major part of the course is given in the class room, the remainder on the wards where the practice in nursing procedures is closely supervised. The major part of the last two months is spent on the wards in order to determine the student's ability to adjust to the ward situation. The school cap is given to those who successfully complete the first period of four months and the school uniform is given to those who successfully complete the entire preliminary course.

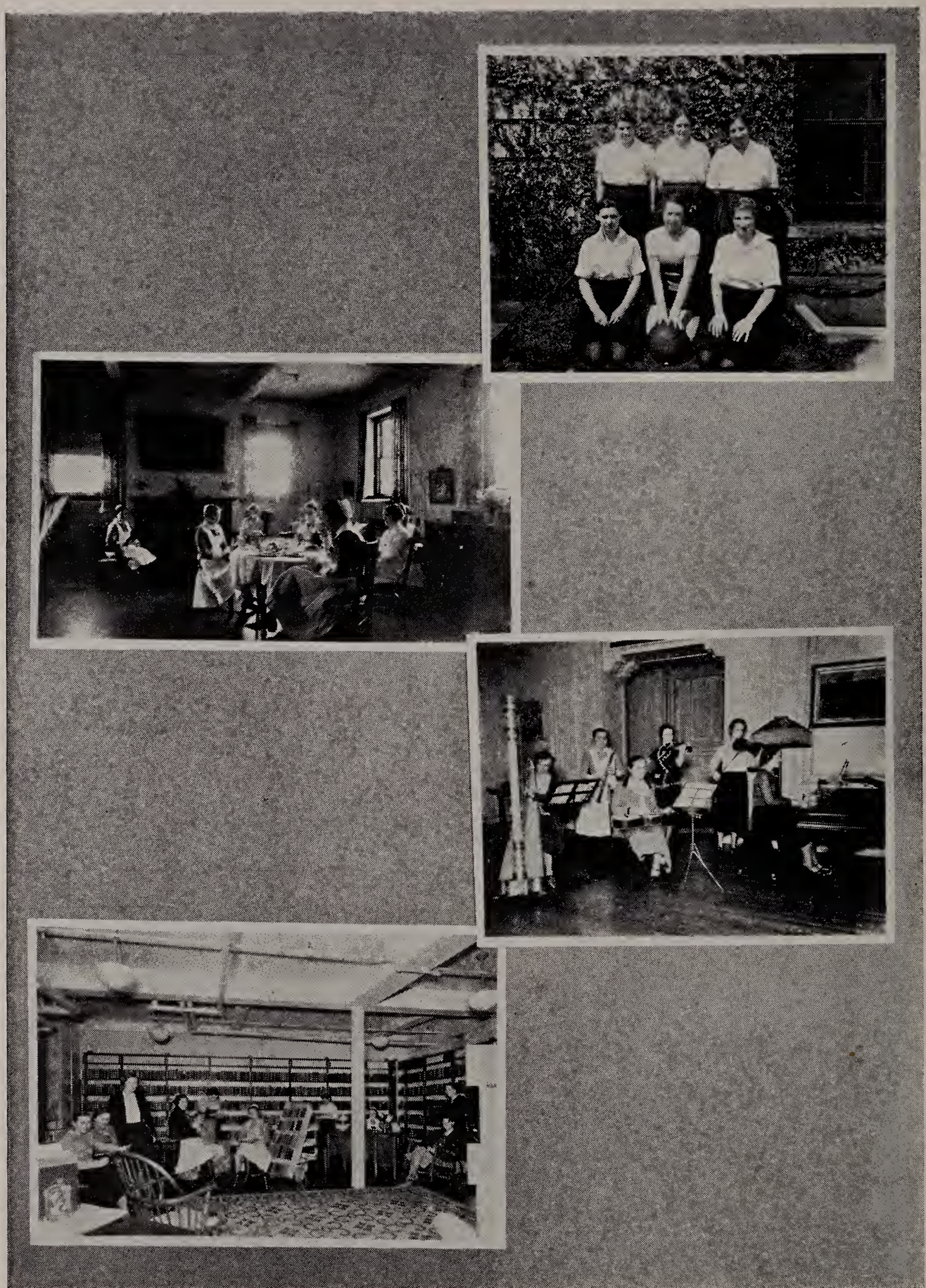
The Principal of the school, may with the approval of the Director and the Chairman of the Trustees Committee on the General Hospital Training School for Nurses, terminate the connection of a pupil with the school at any time for reasons which may seem sufficient.

Hours of Duty — Vacation

The nature of hospital work is and always will be such that emergencies may arise which will necessitate deviation from the prescribed hours of duty. The unreasonable number of hours on duty and the great amount of housework often supposed to be required of a student nurse belong to a past generation. In all first-class hospitals most of the housework was long ago given over to maids and in this hospital much of the other routine work, formerly done by student nurses, is now done by a corps of ward helpers. During the preliminary term the schedule of hours for ward duty is approximately twenty-one hours a week. During this period the students are off duty every Saturday afternoon, the morning of one Sunday, the afternoon of the next Sunday and all of every third Sunday.

In the General Hospital, after the preliminary term, the fifty-two hour a week schedule for ward duty is in effect for day nurses and a fifty-six hour a week schedule for night nurses. Day nurses are off duty one-half day during the week and a half day on Sundays and legal holidays. Five days each week pupils are on duty eight hours. Classes must sometimes be attended during the afternoon off duty. Night nurses are on duty eight hours each night beginning at eleven o'clock. Each period of night duty is generally four weeks.

Nine weeks of vacation are allowed during the period of training. As a health measure the Principal may stipulate that in addition seven days may be used for rest or for care of minor illness in order that more serious illness may be averted. Throughout the three years emphasis is placed upon positive health.



The Recreation Hour

Residence

The Massachusetts General Hospital has three pleasant, comfortable residences for the nurses. "The Thayer" is situated on the hospital grounds and accommodates 128 nurses. In "The Thayer" there are 15 double rooms; all other rooms are single. It has a laundry, kitchenette, recreation and tea room. The new wing overlooks the Charles River and has a roof furnished with an awning, steamer chairs, and hammocks. The Charles Street House, about six minutes' walk from the hospital, is used when new classes fill the other homes to capacity. The Walcott House is just outside the hospital grounds and is connected by subway. It comprises one hundred and forty-two single rooms, a large attractive reception room, recreation room, kitchenette, classroom, reference library, and laundry, also a pleasant roof for recreation and outdoor sleeping.

Student Activities — Physical-Social Director

Because the off-duty hours of student nurses are very irregular there is much need of some one to direct the off-duty activities. The school has provided a full-time Physical-Social Director, a graduate of Sargent's School of Physical Education, who assists with the activities and encourages and directs healthful recreation. Throughout the year there are various social functions, such as teas and dances. From October to May, inclusive, every student is required to belong to, and take part in, some one of the required extra-curricula activities. These activities include clubs for bridge, dramatics, basket-ball, singing, dress making, reading and reviewing books, folk and tap dancing. In the summer, students play tennis and practice archery. The Physical-Social Director informs the students concerning lectures, concerts, and various educational exhibits given in Boston. She plans for, and accompanies picnics and excursions to places of historical interest. Students from the Emerson School of Oratory, Boston Conservatory of Music and Sargent School of Physical Education are volunteer assistants to the Physical-Social Director. There is a Student Government organization.

Libraries

In the Walcott House there is a reference library. "The Thayer" has a library of standard works, and in both homes there are books of fiction. The principal nursing journals, a morning and evening newspaper, and several current magazines are provided. The students have the use of the Warren Library, which is the patients' library, comprising 4,147 volumes. The students also have the use of the Treadwell Library, which is the hospital medical library. This library has 13,000 volumes on its shelves, 12,280 reprints and 115 periodicals.

Equipment for Admission

The pupil will need to provide herself with four uniforms and ten aprons of design specified when appointed. She will also need four sets of plain underclothing, a watch with a second hand (wrist watches are not permissible), a pair of small bandage scissors, a fountain pen, a metal pencil, and book bag of the style generally known as a Boston bag. Her equipment also includes two soiled clothes bags, one dark blanket for covering when resting in room or on roof, one washable coat sweater, a raincoat (or coat suitable for rainy weather), rubbers, umbrella, bath robe, slippers, and two washable bed jackets (short kimono of silk or wool). One pair of black oxfords with rubber heels must be provided for duty. As an orthopedic surgeon examines the student's feet soon after entrance, and recommends the type of shoes to be worn, it is better to postpone buying a second pair for duty until after this examination has been made. If a gymnasium suit is owned it should be brought to the school.

Expenses

Upon entrance to the school, pupils are required to pay a tuition fee of $50. If, for any reason, a pupil resigns or is dismissed from the school, even if before the completion of the preliminary term, no part of the tuition fee will be returned. This is the only tuition fee unless a course is repeated. A breakage deposit of $10 is required, the balance of which, if any, is refunded when the student leaves the school. If breakage exceeds $10, a second deposit is required. A registration fee of $5 is paid when the applicant is definitely accepted for the preliminary course. This will be credited toward the tuition fee. This fee is not returned if the applicant fails to keep her appointment.

The students provide uniforms for the preliminary course. The total expense of these uniforms is under forty dollars. The school provides the uniforms after the preliminary course and provides the text-books from the time the student enters the school. These are the property of the hospital and any student leaving before graduation is required to return the uniforms and text-books. When the student graduates she may retain both.

During the course the students occasionally attend clinics at other hospitals and visit other health organizations. For such visits students pay their own carfare. The expense for this transportation does not average more than two dollars per year. Fees for required school activities average about two dollars a year. Throughout the course the student will be maintained by the hospital without expense for board, room and laundry. Other expenses are a matter of personal adjustment. No financial compensation is given.

Scholarships — Loan Fund

Each year the hospital offers a limited number of $100 scholarships to pupils who need financial assistance. An applicant for a scholarship must have been in the school more than six months, and not be within six months of graduation; she must not have fallen below 75 per cent in any one subject, and must have an average of 85 per cent. A loan fund for student nurses has been established in memory of Marion Moir West (1889). This fund was established by a sister of Miss West's, and is in charge of the Principal of the School.

Illness — Leave

The school endeavors to keep its students in good health and expects the students to co-operate in this endeavor. Each student receives a physical examination soon after entrance to determine whether she has physical defects that might interfere with her course, or any defects that can be remedied. An opportunity is given the student to avail herself of the various prophylactic measures now known to medicine. Health examinations are given at subsequent periods. Pupils who are ill are cared for at the expense of the hospital for a reasonable length of time. Students are not privileged to absent themselves from the school to care for sick relatives or for other personal reasons. Absence is allowed only in extreme cases. If absence is prolonged, the date of the student's return and her class standing is determined by the Principal of the school. The loss from illness or from other reasons must be made up.

Promotion and Graduation

Students are promoted from year to year who satisfactorily complete the prescribed course of each year, pass the examinations, show ability in nursing, and in the opinion of the Principal and Staff of the school are personally fitted to assume the responsibilities of the nursing profession. Students who fail in any of these requirements may at any time during the course be conditioned or recommended to withdraw. These young women should resign without hesitation and need have no sense of failure, if through no fault of their own they may neither possess nor be able to acquire the essentials of a good nurse. When the student has satisfactorily completed the entire three-year course, passed all the examinations, shown ability in nursing, and, in the opinion of the school authorities, has the personal qualifications necessary for a nurse she will be given the diploma and pin of the school. Each graduate is required to leave, for her permanent record in the school, a photograph of such size and style as the Principal deems desirable.

The Alumnae Association

This Association was organized in 1895. Its object is to improve the professional work of the graduates, and to promote good-fellowship among them. Monthly meetings are held in the nurses' home from October to May, inclusive. There is an educational program, social hour and tea. The senior students are frequently invited to these meetings. The Alumnæ have endowed a hospital bed for the use of its members who are ill. The Sick Relief Association is another organization of the graduates. The Alumnæ recently published an extensive history of the Training School. The "Quarterly Record" is the official magazine and has a warm place in the hearts of all members. The Alumnæ are creating an Endowment Fund for the educational purposes of the Training School.

Advantages of the Nursing Profession

The study of nursing brings further opportunities for education to the high school graduate at small expense because the student nurse assists in the care of the hospital patients and in return the hospital provides maintenance and instruction. It gives her a knowledge of life, of health, and of the prevention of disease that should make her a valuable member of any community. Second only to the service of the woman who is the head of her own home is the service of that woman who, to a background of education and culture, has added the course of instruction and practice given in a well-organized school of nursing. A nursing education is an excellent preparation for the woman who is to be married and have charge of her own home and children.

The opportunities for graduates are presented in four main fields. Private duty in a home or in a hospital may be full time with one patient, or hourly nursing with several patients; in the hospital it may be that of head nurse, supervisor, instructor, principal of the school, superintendent of nurses, superintendent of the hospital, laboratory technician, anesthetist, or assistant in research. Public Health Nursing may be in a school, in an industry, or in a community. The nursing in Government Services may be with the Indian Bureau, Army, Navy, Veteran's Bureau, or the Public Health Service. Every qualified nurse, who has a sense of allegiance to her country will join the Red Cross Nursing Service.

An interesting pamphlet called: "Opportunities in the Field of Nursing" is published by the National League of Nursing Education and may be obtained for fifteen cents from the League Headquarters, at 450 Seventh Avenue, New York City, New York.

The General Plan of Instruction and Practice

THE THREE-YEAR COURSE

The Preliminary Term

This term is of six months' duration. This is not only a period of intensive study, but a time of adjustment. During these months the school and the pupil learn whether she possesses the qualifications of a nurse. In the preliminary course the pupil is taught elementary courses in the basic sciences which relate to nursing, namely: anatomy, physiology, hygiene, bacteriology, chemistry (if not previously studied), and nutrition and cookery. Other courses are in ethics, study methods, posture, history of nursing, social service, drugs and solutions, and bandaging. Nursing principles and practice are taught by demonstrations, classroom practice, and ward practice. The ward practice of this period is especially well supervised. The student assumes no regular ward duties during the first four months. Ward practice averages about three hours daily, and these hours are used for practice in the nursing technique taught in the classroom.

The Junior Term

This term covers the remainder of the first year. Students are on eight hour duty, and are assigned to the medical and surgical wards. They also have duty in the Diet Kitchen and in the Out-Patient Department where over a thousand patients a day are admitted for examination or treatment. This last experience affords rare opportunity to see sickness as a home and community problem.

During this period the pupils are taught massage, materia medica, elements of public health, surgical and medical nursing, clinical pathology, case study methods, dermatology, and diet therapy. There are advanced courses in nursing principles and practice.

The Intermediate Year

The pupils during this year are assigned to the general wards, both medical and surgical; to special wards such as orthopedic, neurological,

dermatological and metabolism; to the private floors at the Baker Memorial and to the Out-Patient Department. They may be assigned to the Emergency Ward, and to the Eye and Ear Infirmary. The classroom instruction for this year includes community hygiene, medical nursing, surgical nursing which includes gynecology, urology and orthopedics, personality adjustment, pediatrics, diseases of, and nursing of, the eye, ear, nose, and throat, medical and surgical emergencies and nursing in communicable diseases. In the latter part of this year a series of lectures is given by various specialists.

The Senior Year

During the final year, pupils are assigned to the general and special wards, to the pediatric division, and to the Boston Lying-In Hospital for obstetrical training. In the theoretical work the major course of the senior year is a series of lectures and discussions relating to the problems, obligations, and opportunities of the nursing profession. Other courses of the senior year include mental diseases and their nursing care, principles of public health nursing and medical and surgical emergencies. During this year an effort is made to give every pupil of special ability an elective in some branch of nursing in addition to the prescribed course, such as mental nursing, contagious nursing, public health nursing, or social service. Some pupils are given experience in ward administration, teaching and the administration of anesthetics. With affiliations in every recognized form of nursing supplementing the basic course, a rich experience is available.

Electives in the Hospital

Among the electives in the hospital are a three months' course in the administration of anesthetics, four months as assistant to the practical instructor, or to the instructor of sciences, or six weeks advanced operating room experience. A limited number of students may elect a three months' course with the Hospital Social Service Department. In this course the pupil sees the medical social worker functioning as a very important factor in furthering the success of medical and nursing treatment.

Electives by Affiliation with Other Institutions

The school offers several electives to pupils who wish to specialize in some particular branch of nursing. One elective, available to over half of the students, is a two months course with the Massachusetts Eye

and Ear Infirmary. The course includes instruction concerning the diseases, injuries, and nursing care of eye, ear, nose and throat. Pupils obtain experience not only in the wards, but in the Out-Patient Department, and in the operating rooms of the Eye and Ear Infirmary.

Another attractive elective course, for a very limited number of seniors, is that of a four months course with The School of Public Health Nursing, conducted jointly by Simmons College and The Community Health Association. The hospital pays the tuition of these students and maintains them at the hospital while they are taking the course.

An elective course is one at the McLean Hospital, where an excellent course is given in the care of nervous and mental diseases. The importance of mental hygiene is recognized today as never before, and this affiliation is a rich one.

Another elective affiliation is one for three months in contagious nursing at the Boston City Hospital. This is valuable to any student who is interested in the care of children or in public health nursing, especially school nursing.

Practice and Experience of the Typical Student Nurse

The ward practice and experience of the typical student generally shows the following monthly schedule: preliminary course, six; surgical nursing, including operating room, nine; medical nursing, five; pediatric nursing, three; obstetrical nursing, three; diet kitchen, one; special wards, such as skin, orthopedic, neurological or metabolism, one and a half; one major or two minor electives, four; vacation, two and a quarter. The typical student has three out-patient clinics and is assigned from the ward where she is on duty to the clinic of the same service: that is, from a medical ward to a medical clinic, or from a nerve ward to a nerve clinic. The largest number of patients in this hospital, as in most others, is surgical, and this is the experience which will show the greatest length of service.

Post-Graduate Opportunities

Graduates who wish to specialize in the care of nervous and mental diseases may, by spending a year at McLean Hospital, Waverley, secure the diploma of that school, or they may take a six months' post-graduate course, after which they will receive a certificate. These courses prepare a nurse to meet a great and constantly growing need in the community.

A two months' course of duty in the wards is offered to Massachusetts General Hospital Alumnae who wish to study methods adopted since graduation.

The permanent nursing staff of the hospital is comprised of about one hundred and fifty graduate nurses. In the various departments of the hospital there are many positions which give excellent opportunities for executive experience.

Description of the Content of the Curriculum

PRELIMINARY COURSE

ANATOMY AND PHYSIOLOGY (90 hours) *Miss M. Johnson*

This course is intended to give the student an intelligent understanding of the morphology of the human body, and is essential as a basis for the understanding of the principles and practice of nursing, hygiene, dietetics, materia medica and the later study of pathological conditions and allied subjects. Wherever possible the practical application of this knowledge is correlated with findings encountered in the care of patients.

BACTERIOLOGY AND HOME SANITATION (32 hours)
Miss M. Johnson

This course includes an outline of the development of the science of bacteriology and the importance of its principles as applied to medicine and surgery. The first six exercises are given to general bacteriology and technique, the characteristics and distribution of bacteria, the principles underlying practical methods of sterilization and disinfection and their importance in public health. The remaining classes and laboratories are given to the study of the bacteria of milk, water and air; immunity, vaccines and serums; pathogenic organisms and their effect. These classes are introductory to a later study of communicable diseases. Throughout the course the importance of this knowledge is emphasized as a basis for asepsis and prevention of the spread of diseases as related to the duties of the nurse.

BANDAGING (12 hours) *Miss Abbott*

In this course the indications for the use, the manufacture and economy of bandages are first considered, after which the fundamental figures of bandaging are taught. Each student has opportunity to apply the various bandages under the individual direction of the instructor.

CHEMISTRY (26 hours) *Miss Pohe*

A course planned for the study of the more important principles of inorganic, organic and bio-chemistry which enables the student to understand and explain the principles involved in energy changes of the body and various reactions that occur in digestion, drug administration, disinfection and other procedures which are of special interest to the nurse. Particular emphasis is placed upon relationship and practical application rather than upon isolated facts. This course is given to students who have not previously studied chemistry.

STUDY METHODS (4 hours) *Miss Pohe*

The object of this course is to aid the student in formulating good habits in study, reading, note making and in organizing her study material that she may derive the greatest satisfaction and benefit.

DRUGS AND SOLUTIONS (21 hours) *Miss M. Johnson*

The object of this course is to teach the preparation of solutions and the dosage of drugs which may be used before instruction is given in materia medica. A pretest in the fundamentals of arithmetic is given previous to this course. A study is made of the apothecary and metric systems, commonly used terms, symbols, the classification of drugs, and the administration of these drugs. This includes practice in the preparation of solutions and fractional doses. Each student is individually supervised in the administration of medicines on the hospital wards following this study and before she is allowed to give medicines as a regular duty.

Note: The method of teaching used in the foregoing courses is that of lectures, laboratories, including student work and demonstrations, recitations and class discussions. Fresh and preserved specimens as well as prepared slides are used in biological work. The use of charts, manikin and skeleton is supplemented by blackboard drawings and picture illustrations shown by the projectoscope. During the course in Anatomy and Physiology and Bacteriology excursions are made to a modern pasteurization plant, state bacteriology laboratory, and medical museum.

HISTORY OF NURSING (16 hours) *Miss Atto*

Early in the course the student is taught the historical development of nursing under religious, military and secular control from the middle ages to modern times. The object of the course is to acquaint the student with the great leaders who have established the traditions and ideals

of nursing, and to arouse interest and create enthusiasm in the profession. Lectures and discussion periods are supplemented by lantern slides.

HOSPITAL HOUSEKEEPING (12 hours) *Miss Atto*

The object of this course is to give an understanding of the relationship between the various departments. It also aims to teach good housekeeping methods through an appreciation of the value of equipment and supplies and a knowledge of hospital mechanics. Instruction is given in the care of service rooms followed by laboratory periods on the wards.

NURSING ETHICS (15 hours) *Miss S. Johnson*

A series of lectures and discussions are given concerning the underlying principles of human conduct as related to professional ethics and etiquette. An effort is made to aid the student in adapting herself to her new environment and to give her an appreciation of her responsibilities to the patients, to the hospital and to school of nursing.

NUTRITION AND COOKERY (36 hours) *Miss Dorothy Prentiss*

The object of this course is to give the student a fundamental knowledge of the composition and value of various foods for the normal, healthy individual that she may appreciate the importance of dietary treatments and intelligently administer the special diets used in restoring and maintaining health. Twelve three-hour periods of class and laboratory are devoted to the study and planning of well balanced diets as well as preparation and service of typical dietaries.

PERSONAL HYGIENE (8 hours) *Miss Murray*

This course is planned to impress upon the student the importance of developing and maintaining the normal physical and mental health by the personal application of the best health habits. Special emphasis is placed upon the responsibility of the nurse as a teacher of health and her duty to patients and the community in the modern program of preventive medicine.

PRINCIPLES AND PRACTICE OF NURSING (180 hours demonstration and class room practice; 300 hours of supervised practice on the wards) *Miss McCrae and Miss Abbott*

This is one of the strongest courses in the curriculum. Procedures

are demonstrated in the classroom by an expert instructor, who places emphasis on the underlying principles and describes the conditions that require the various nursing procedures. The students then practice the procedures in the classroom under the close supervision of the instructor and her assistants. The assistants then accompany the students to the wards to supervise the first carrying out of the procedures for the patients. All basic sciences are so closely correlated with nursing practice that the student learns the underlying principles before they are applied in the nursing procedure.

THE JUNIOR YEAR

CASE STUDY METHODS (5 hours) *Miss diCicco*

The instruction in the technique of the case study method, as applied to nursing, is given by means of lecture and discussions. An effort is made to acquaint the student with the method of preparing, and with the value of the use of case studies. Additional experience is given by assignments during her service in each department.

CLINICAL PATHOLOGY (12 hours) *Dr. Chapman and Miss Peterson*

A course dealing with regenerative and degenerative changes in tissues. The methods of procedure and significance of the various tests used for diagnostic purposes are considered. The importance of special care is emphasized and the nurses' duty in securing and preserving specimens is demonstrated and discussed.

DIET THERAPY (9 hours) *Mrs. Holcomb*

This course is given to the study of special diets. The theories underlying diets and the anticipated results from modern methods of dietary treatment of disease are presented. The case method of study is used and whenever possible is supplemented by clinic or experience on the metabolism ward. This course is given while students are assigned to medical duty.

DERMATOLOGY (5 hours) *Dr. Swartz and Miss Reilly*

The etiology and symptomatology of skin diseases are presented by lecture, discussion and the use of clinical material. The study covers the most common occupational and parasitic dermatoses. Emphasis is placed upon the importance of the early recognition of signs and symptoms. Illustrations and representative cases from the Out-Patient Department are used in each class. This course is given concurrently with the study of medical diseases.

MASSAGE (16 hours) *Miss Dupee*

This course includes a study of the physiological effects and movements used in massage. Lectures and practice are given in the class room. Following class instruction each student receives three hours of special instruction and practical experience in treating cases. This is given in the Physio-therapy Department under the supervision of the instructor.

MATERIA MEDICA (24 hours). *Miss ~~Perkins~~*

This course includes the study of drugs and other remedial measures frequently used in the treatment of disease. A study is made of important drugs, the administration, dosage, mode of action, toxicology, emergency treatments, and the therapeutic use as related to the systems affected. An effort is made to develop in the student an appreciation of her responsibility in the administration of therapy, that she may assist the physician in securing desired results.

MEDICAL DISEASES AND NURSING CARE (33 hours)
Dr. Hathaway and Mrs. Yens

The object of this course is to give the nurse a practical understanding of the etiology, symptoms, prevention and treatment of the more common medical diseases. This course is comprised of eleven three-hour units, and in each, the first hour is a lecture, the second a clinic and the third a nursing class, stressing the disease studied. These are supplemented by correlated ward clinics on interesting cases not used in the class clinic. Case studies are made by the students to correlate the class room teaching with the care of the patient. The social aspects are discussed by the medical social worker, as a part of the course on Social Service. This course is given concurrently with nursing experience on the medical wards.

NURSING PROCEDURES (15 hours) *Miss McCrae and Miss ~~Abbott~~* Hathaway

This course is supplementary to the Principles and Practice of Nursing given in the Preliminary Course. The technique of some of the more advanced nursing procedures and some of the common special treatments are demonstrated in the class room. The program provides the opportunity for practice, under supervision, both in the class room and on the wards in order that the student may acquire skill and proficiency before she gives these treatments on the wards.

OPERATING ROOM TECHNIQUE (9 hours)
Miss Angell and Miss Litchman

A course planned to give the students an appreciation of the scientific basis for the necessity of asepsis. The cost of equipment, with its care and use is discussed. Principles are taught and methods demonstrated which will be helpful in the development of skill in operating room procedures.

PHYSICAL EDUCATION (4 hours) *Dr. Roberts and assistants*

In this course the student is taught the mechanical use of her body and the value of good posture. Three of the classes are devoted to the practice of exercises which tend to develop muscles frequently used by the nurse. Corrective exercises for poor posture are given under the direction of a physician. This course is supplementary to the course in Personal Hygiene.

SOCIAL SERVICE RELATED TO NURSING (8 hours)
Miss Cannon and assistants

Two lectures are given to the students at the beginning of the Junior year. They interpret the nationalities of the patients and the effect of the various group mores upon their social treatment and care, both in the hospital and after discharge. The development of the social work at this hospital is sketched briefly. At intervals during the succeeding year consideration of the social aspect of convalescence in chronic orthopedic, communicable, cardiac and mental diseases, is presented by the hospital social worker as these conditions are studied in the clinical courses.

URINALYSIS (4 hours) *Dr. Chapman and Miss Peterson*

The basic principles and techniques of commonly used urine tests are given in two lectures, each followed by a laboratory period. This course is given early in the Junior year, and precedes the course in Medical Diseases.

INTERMEDIATE YEAR

COMMUNICABLE DISEASES AND NURSING CARE (15 hours)
Dr. Chapman and Mrs. Yens

The course deals with communicable diseases, including tuberculosis and venereal diseases. It is comprised of lectures and classes in nursing care. Lantern illustrations are used and whenever available clinical material is presented. Special emphasis is placed upon the principles underlying prevention, control, curative measures, complications and the need of education of the public in prophylactic methods. Following the plan used in the course in Medical Diseases the social and economic aspects of these diseases are presented by a medical social worker.

NURSING IN DISEASES OF THE EYE, EAR, NOSE AND THROAT (15 hours)
Drs. Sachs and Evans and Miss Eklund

Lectures, clinics and nursing demonstrations are given by the medical and nursing staff of the Massachusetts Eye and Ear Infirmary. These include the study of the anatomy and physiology and the study of the diseases of the organs. A study is made of the principles underlying prevention, treatment and nursing care. Classes in nursing care and excursions to the Eye and Ear Infirmary help to make the demonstrations more vivid and valuable.

ORTHOPEDICS AND NURSING CARE (9 hours)
Physicians and Miss McCollum

Lectures, clinics and nursing classes are given to the study of the cause, prevention and correction of deformities. The importance of intelligent nursing care in orthopedic cases is emphasized, and the student is taught the application and the care of apparatus used in orthopedic work. The social aspect of the care of chronic orthopedic patients is discussed by a Social Worker.

PEDIATRICS AND INFANT FEEDING (24 hours)
Dr. Higgins and Miss Stevens

This course endeavors to teach the student the physical and mental development of normal children, the factors concerning and the nursing care of the diseases peculiar to children. Typical cases are presented at each class. Instruction is given in infant feeding and the proper diet for children in health and disease. Emphasis is placed upon hygienic habit

formation and principles of psychology. The causes of infant mortality, social aspects, and the nurses duty in preventive measures are discussed in relation to each disease studied.

PSYCHOLOGY—APPLIED TO NURSING (16 hours) *Miss Pohe*

Lectures and class discussions are given on the principles underlying human behavior. A brief study is made of the interpretation of human reactions. The means of achieving personality adjustments for the nurse and for the patient are presented. The fundamentals of the learning process and teaching principles are surveyed, in so far as they may be of value to the nurse in the health program.

COMMUNITY HYGIENE (16 hours) *Miss Redfern*

The object of this course is to give the student some practical knowledge of the methods which are used to protect the health of individuals and communities. The subjects considered are: sources and route of infection, sewage and garbage disposal, water, food and milk supply, air supply, ventilation and housing problems, health administration and legislation. Excursions are made to sanitary plants in and near Boston.

SURGICAL CONDITIONS AND NURSING CARE (50 hours)
Drs. Sweet and Cope; Miss K. Prentiss and Miss Peterson
Burgess

This course is comprised of lectures, clinics and classes in nursing care which alternate throughout the course. A lecture and demonstration are given on anaesthesia. Under surgical conditions and their nursing care are listed wounds, wound infection, surgical procedures, major surgical operations and plastic surgery. In another group gynecological and urological conditions are studied. Case studies are made on the surgical wards similar to those already described under Medical Diseases. This course is divided into Surgery I and Surgery II, and the former is given concurrently with Surgical Nursing experience.

SENIOR YEAR

MEDICAL AND SURGICAL EMERGENCIES (9 hours)

Drs. Brailey and Fish; Miss Pohe

This course includes four lectures on emergency treatments and first aid. These are followed by classes in which demonstrations are given that may help the nurses to adapt her hospital methods to outside situations. Instruction is given in improvised equipment, and the project method of teaching with class discussion is used. Each student takes part in one of the four projects given.

NEUROLOGY AND PSYCHIATRY (20 hours)

Drs. MacNicoll and Crone; Miss Johnson

Lectures are given in the etiology, symptoms and treatment of the most common neurological conditions and principles underlying the treatment of the mentally ill. An effort is made to teach the student nurse something of the causes of mental illness, its relation to physical illness and the social problems associated with it. Much emphasis is placed on the psychoses commonly found and the value of application of the principles of mental hygiene in the general health program. Three clinics are held in a hospital for mental diseases parallel with the lecture course.

NURSING PROCEDURES (10 hours)

Miss McCrae and Clinical Supervisors

Eight projects in nursing care are given by the students under the direction of the instructor. The purpose of this plan is to secure a uniform and finished technique and to learn newer methods of procedure. The procedures are grouped to be taught concurrently with the medical diseases or surgical conditions presented in the clinical courses.

PRINCIPLES OF PUBLIC HEALTH (20 hours)

Directed by Miss diCicco
Speakers from, and Excursions to, Various Community Health Associations

Although this course is listed in the senior year, it begins with the junior term and continues throughout the three years. An outstanding criticism of the graduate nurse is her limited conception of the relation of nursing to preventive medicine. It is often stated that while the majority of nurses are prepared to render adequate nursing care to the

patient ill in bed, they are less adequately prepared to teach those laws of health which prevent illness and hasten convalescence. In this course, six hours are given to speakers who are qualified to interpret various phases of public health. This course includes speakers from the State Department of Health, The Community Health Association, the Boston Council of Social Agencies, the Massachusetts Society for Mental Hygiene, Child Welfare, School Nursing, and the School of Public Health Nursing at Simmons College. In this course, through the medium of excursions, the students see the work of such institutions as Prendergast Preventorium, Fernald School for Feeble Minded, Perkins Institute for the Blind, Boston Health Unit, Denison House, Long Island Hospital, Welfare Department of Jordan Marsh store, State House, Social Service Index and Habit Training Clinic.

PROFESSIONAL PROBLEMS AND OPPORTUNITIES (30 hours)

Miss Johnson

The object of this course is to briefly survey the developments of the profession, to present the problems and difficulties of nursing progress, to suggest possible directions of professional growth, and to secure the active interest and co-operation of the student in furthering the ideals of the profession. There are case discussions of the problems met by graduates as they work in the various fields of nursing activities. Articles in current nursing magazines are reviewed. A brief study is made of the opportunities in the various post-graduate fields of nursing.

OBSTETRICS (54 hours) *Obstetricians and Miss E. Carpenter*

The obstetrical training is obtained by affiliation with the Boston Lying-In Hospital. An excellent course is given in the nursing principles and practice of obstetrics. The theory is taught by outstanding obstetricians, and well-qualified nurse instructors. The students are taught prenatal and post-partum care of the mother, and the care of normal infants. Charts, models, specimens and lantern slides provide a wealth of illustrated material.

SPECIAL LECTURES (5 hours)

Five lectures, some of which are illustrated, are given by specialists on the subjects of Industrial Diseases, Oral Hygiene and Occupational Therapy.

Summary of Courses of Study

SUBJECTS	Lectures or Demonstrations	Clinics or Laboratory	Class Discussion or Recitation	Total Hours
Preliminary Term				
Anatomy and Physiology	40	32	20	92
Bacteriology and Home Sanitation	12	18	2	32
Bandaging	1	10	1	12
Chemistry	10	15	2	27
Drugs and Solutions	8	11	7	26
History of Nursing	10	3	3	16
Hospital Housekeeping	4	4	4	12
Nursing Ethics	15	0	4	19
Nutrition and Cookery	9	24	3	36
Personal Hygiene	6	1	2	9
Principles and Practice of Nursing (Elem.)	60	98	22	180
Study Methods	2	2	1	5
Supervised Ward Practice		(300)		
Junior Year				
Anesthesia	1	1		2
Case Study Methods	2	0	2	4
Clinical Pathology and Urinalysis	8	3	1	12
Diet Therapy	6	0	3	9
Dermatology	1	1	2	4
Massage	3	12	1	16
Materia Medica (advanced)	19	1	6	26
Medical Diseases and Nursing Care	11	11	11	33
Nursing Procedures (Junior)	5	9	1	15
Physical Education	1	3		4
Social Service—related to Nursing	6	2		8
Surgery I	13	6	5	24
Intermediate Year				
Communicable Diseases & Nursing Care	10	2	4	16
Community Hygiene	8	5	3	16
Nursing in Diseases of Eye, Ear, Nose & Throat	8	3	2	13
Operating Room Technique	4	4	1	9
Orthopedics and Nursing Care	4	2	4	10
Pediatrics and Infant Feeding	15	9	2	26
Psychology—Applied to Nursing	10	0	6	16
Surgery II (includ. Gynecology & Urology)	11	6	7	24
Special Lectures— Industrial Diseases Occupational Therapy Oral Hygiene	3	2		5
Senior Year				
Medical & Surgical Emergencies	4	4	1	9
Neurology & Psychiatry	13	3	4	20
Nursing Procedures (Advanced)		10		10
Obstetrics	8	10	2	20
Principles of Public Health	20	3	7	30
Professional Problems and Opportunities	20	21	12	54
Total Hours	391	349	160	900

Student Nurses at Work

The Degree Course

OR

The Five-Year Nursing Course Leading to a Bachelor of Science Degree

Graduate nurses who hold degrees are greatly in demand, especially for positions in public health nursing, administration and in teaching. This program consequently offers a distinct advantage since it combines technical training with college work arranged to furnish the scientific foundation required in modern nursing and shortens the usual training-school course by one year. It is particularly adapted to the needs of recent high-school graduates since it enables those below the age required for admission to the more desirable schools of nursing to begin their professional preparation without delay.

The School of Public Health Nursing at Simmons College in affiliation with the Massachusetts General Hospital Training School for Nurses conducts a Five-Year Program in nursing. The completion of this course entitles the pupil to the diploma of the Massachusetts General Hospital Training School for Nurses and to the degree of Bachelor of Science from Simmons College. The School of Public Health Nursing is conducted by Simmons College, in affiliation with several community agencies.

Requirements for Admission

Applicants must satisfy the entrance requirements to Simmons College by certificate from accredited school, by examination, or by combination of certificate and examination. They must also meet the entrance requirements of the Massachusetts General Hospital Training School for Nurses.

Applicants must be personally adapted to professional nursing. Each applicant must, therefore, apply in person if possible, otherwise by letter to the Director of the School of Public Health Nursing, who, in conference with the Principal of the Training School, will decide upon her personal qualifications.

Plan of Instruction

The first and second years of this program consist of work at Simmons College, the third and fourth years of technical work in the Training School for Nurses, and the fifth year of special training for public health nursing.

First Year

General Biology
Bacteriology
General Chemistry
English
History
General Hygiene
Physical Training

Second Year

Anatomy and Physiology of Vertebrates
Prevention of Communicable Diseases
Dietetics
Foods
Physics
Two electives (one preferably Psychology)

Third and Fourth Years

The third and fourth years are devoted to nursing instruction and experience in the School of Nursing. For admission to this part of the course students must not only have attained a satisfactory academic record, but also must be recommended as to personal qualifications by the Director of the School of Public Health Nursing.

Theoretical Instruction

The theoretical instruction is identical with that of the three-year course except for the omission of those subjects which have already been completed at Simmons College.

A Program for College Graduates

For many years it was the policy of the Massachusetts General Hospital Training School for Nurses to give no credit of time to college graduates. It seemed wiser to make a very rich three years by giving special courses and special affiliations. This method has proved satisfactory to the majority of the college graduates who have been members of the school. But because the time element is such an important factor to many of these young women, and because they cannot judge the value of these special courses before entrance, and because the particular specialty which the student elects may not be available here, it has been decided to follow the policy of other schools by granting a time allowance, under certain conditions, to college graduates who wish to take the basic course of training.

Graduates of approved colleges may be given from three to eight months' credit on the three-year course, provided their college course has included the basic sciences related to nursing. The four basic sciences which should be included in the college work are biology, chemistry, sociology, and psychology. Students should present at least one year academic credit in each of these subjects.

Courses in bacteriology, nutrition, hygiene and sanitation may be accepted as part of the biology requirement. Courses in philosophy or education may be accepted as part of the psychology requirement.

The amount of time to be allowed the student will depend upon the college credentials presented by her, and upon the grade of theoretical and practical work done in the training school.

Applicants for this course should realize that the nursing laws in many states demand three years of training for the nurse presenting herself for registration examinations. The rulings of the State Boards of Nurse Examiners vary as to the amount of time credit given to college graduates. As post-graduate courses are accepted by most boards as a part of the three-year preparation, and as most of the graduates of the

shortened courses pursue further study in some nursing specialty, little actual difficulty should occur in registering in the majority of the states.

Any of these students who may wish to spend three years in the school may enrich their course by availing themselves, without additional expense, of the special courses in the Massachusetts General Hospital School or in affiliating schools—such as the School of Public Health Nursing which is conducted jointly by Simmons College and the Community Health Association, The Massachusetts Eye and Ear Infirmary Training School, or in the school of the McLean Hospital, Waverley, an institution for the care of nervous and mental diseases.

There is great demand for graduate nurses with a broad educational background. While there are many such nurses in the field, the supply does not meet the demand. Many schools have shortened their courses for college graduates, hoping that it would influence a larger number of well-qualified students to enter the schools.

There are manifold and excellent opportunities for the mature woman who is well-educated, well-trained and who possesses the right personality, sound judgment and sterling qualities of fine womanhood.